

Practice #1

Read one chapter of Scripture per day

The Habit:

Reflectively read one chapter of scripture each day and reflect on its meaning in your life.

The Why:

We believe that He speaks to us and that He uses the words of scripture to teach us about himself, about ourselves and His purposes in this world. This protects us from the untrue thoughts and ideas generated by a world that opposes his love and leadership. Our hope for a direction that honors his loving care and purpose in the world is to grow in our knowledge of Him and his truth.

The How:

- Pick a moment of each day that you will do this. Some choose scripture before screen. (I personally like that commitment.) Others like to conclude their day this way. Choose something that works.
- Choose a location for your Bible and keep it in the same place to develop a routine. We would suggest choosing a Bible in a more modern translation so that it sounds less like Shakespearean English and more like how you'd speak today. (Unless you're really into Shakespearean English, in which case, go for it!) Many people enjoy reading an online Bible through a smartphone app like YouVersion. (It's free.)

- Start at the beginning of a book (you can choose from the 66 options in the table of contents) and read one chapter a day until you get to the end. If you have never read the Bible before, start with one of the gospels, the stories of Jesus life. They are known as Matthew, Mark, Luke and John.
- Use a bookmark of some sort and keep it where you left off.
- To go a little deeper and to assist in your learning process, underline verses that are particularly meaningful to you and use a journal to record what you are learning and the questions that the passage provokes in you.
- *Need some examples to help you get started?*
 - *Read the gospel of John and listen for how Jesus describes himself.*
 - *Read a Psalm a day and form a personal prayer with the words from the Psalm.*

Then what:

Find people with whom to discuss what you are learning. Small groups are great for that. Reach out to others whom you trust about your questions. Act on what you are learning and see how it changes your view of God and life. Notice what happens to what you like, love and desire over time.